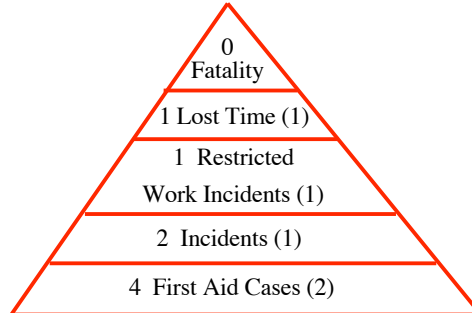


# LaRC SAFETY HIGHLIGHTS

November 10, 2003

FY 2003 - Civil Servants



( ) = Number of new occurrences

OSHA Recordable Cases = Fatalities, Lost Time, Incidents, and Restricted Work Incidents.  
Incidents = Cases in which more than first aid treatment is required, but less than 8 hours of time is lost.  
Restricted Work Incidents = Cases requiring first aid treatment, resulting in light duty restrictions.

## Injury/Mishap Information

- The Center has been **10** days **without** a Civil Servant or Contractor **Lost Time Injury. (Record 433 days)**
- **Lost Time Accident** - A SEC employee sustained a back strain while bending over to pick up a post-it-note pad that had been dropped, resulting in 1 lost workday. An investigation determined the employee had bent over at the waist, not stooping down and bending the knees, which is the recommended method.
- **Restricted Workday Incident** - An AirSC employee sustained a left knee strain while performing model retrieval tasks in the tunnel, which required repetitive movement of the hands and knees, resulting in 8 restricted workdays. The facility has implemented several measures to prevent recurrence of this type of injury (use of knee pads, frequent breaks, and alternating employees).
- **OSHA Recordable Incidents** - An AtSC employee previously diagnosed with carpal tunnel syndrome experienced increased pain and soreness in the left wrist, requiring a prescription strength-medication. The workstation has been reviewed and adjusted to be ergonomically correct. The employee is wearing a brace and has been instructed to take micro breaks to prevent straining the wrist further.
- **The following first aid cases involving civil servants were reported:**
  - A SEC employee sustained a back strain while relocating a model mold weighing approximately 10 lbs. The employee reached over items to lay the mold on a table instead of walking around the table to a clear area.
  - An AAAC employee sustained a laceration to the right arm after striking a sharp point while removing a model from the test section of a tunnel.

